



# Vashon Health Care How-To

Use this 5-part continuum of care as a reference for who to call for health care needs on Vashon.

April 2026

<b>Emergency Care – EMS 911</b> Vashon Island Fire & Rescue (VIFR )	<b>Primary Care</b> Sea Mar Clinic or Vashon Natural Medicine	<b>Community-Based Care</b> Vashon Mobile Integrated Health (MIH)	<b>Urgent Care</b> DispatchHealth	<b>Clinical Services</b> Vashon Pharmacy
<p>Life-threatening or serious injuries that need immediate care or transport to the hospital ER</p>	<p>Entry point for healthcare Long-term relationship with provider</p>	<p>Mobile medical care with broadened capabilities under the supervision of a Physician Assistant (PA)</p>	<p>Prompt care for non-life-threatening injuries and illnesses needing care within 24-48 hours for patients over 3 months old</p>	<p>Treatment of uncomplicated acute conditions, vaccinations, and assistance with management of chronic conditions</p>
<p>Paramedics and Emergency Medical Technicians (EMT)</p>	<p>Seen in clinic or office Physician, Nurse Practitioner (ARNP), Physician Assistant (PA)</p>	<p>Mobile van comes to the home Registered Nurse (RN), EMT, Physician Assistant, Social Worker</p>	<p>Mobile van comes to the home with Nurse Practitioner (ARNP) or Physician Assistant (PA)</p>	<p>Seen in the pharmacy by appointment. Treatment by clinical pharmacists</p>
<ul style="list-style-type: none"> <li>• Signs of heart attack--- chest pain</li> <li>• Signs of stroke--- sudden weakness</li> <li>• Serious injuries or trauma</li> <li>• Difficulty breathing</li> <li>• Loss of consciousness</li> <li>• Seizures</li> <li>• Poisoning</li> <li>• Sudden severe new headaches</li> <li>• Sudden vision change</li> <li>• Severe abdominal pain</li> <li>• Any new, sudden or serious symptoms</li> </ul> <p>• <b>If in doubt, call 911</b></p>	<ul style="list-style-type: none"> <li>• Management of chronic and common illnesses</li> <li>• Care for minor injuries</li> <li>• Preventive care</li> <li>• Diagnostic exams</li> <li>• Management of chronic illness and referrals to specialists</li> <li>• Health education</li> <li>• Labs</li> <li>• Prescriptions for medications</li> <li>• X-rays (check for availability)</li> </ul>	<ul style="list-style-type: none"> <li>• Prescription medications (short term)</li> <li>• Medical treatment for common injuries and illnesses</li> <li>• Mental health and substance abuse referrals</li> <li>• Follow-up care post-hospitalization</li> <li>• Sutures and removal</li> <li>• Transportation coordination</li> <li>• Fall risk assessment</li> <li>• Medication management</li> <li>• Immunizations for homebound residents</li> <li>• Home safety check</li> <li>• Wound and catheter care</li> <li>• Social service coordination</li> </ul>	<ul style="list-style-type: none"> <li>• Muscle sprains, strains, and broken bones</li> <li>• Wound care</li> <li>• Foreign bodies in skin or eyes</li> <li>• Lacerations needing stitches</li> <li>• Severe sore throat</li> <li>• Ear, nose, and throat infections</li> <li>• Urinary tract infections</li> <li>• Fevers</li> <li>• Persistent cough/asthma</li> <li>• Diarrhea, vomiting, dehydration</li> <li>• Services available               <ul style="list-style-type: none"> <li>◦ EKG</li> <li>◦ Labs</li> <li>◦ IV Fluids</li> <li>◦ Medications</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Vaccinations, including travel vaccines</li> <li>• Treatment of uncomplicated acute ailments (urinary tract Infection, stings, bites, burns, yeast Infection, strep, Covid, flu)</li> <li>• Point-of-care testing (Covid, flu, RSV, strep)</li> <li>• Chronic disease consultation and management (diabetes, cholesterol, asthma, blood pressure)</li> <li>• Collaboration with primary provider</li> <li>• Medication review and education</li> <li>• Tobacco cessation</li> <li>• Hormonal birth control consults</li> <li>• Lab draws (may be limited)</li> <li>• Toenail fungus treatment</li> <li>• Treatment of conjunctivitis (pink eye)</li> </ul>
<p>24 hours, 7 days a week, 365 days a year</p>	<p>Hours vary by site</p>	<p>Monday- Friday, 8 am-4:30 pm</p>	<p>11 am to 7 pm, 7 days a week 365 days a year, including holidays</p>	<p>By appointment</p>
<p><b>Call 911!</b></p>	<p>Sea Mar Clinic- 206-463-3671 Vashon Natural Medicine- 206-463-4778</p>	<p>Call 206-463-2405 or make an appointment at <a href="http://vifr.org/mih">vifr.org/mih</a></p>	<p>Make an appointment <a href="tel:253-617-4010">253-617-4010</a> or <a href="http://dispatchhealth.com/locations/wa/vashon-maury-island/">dispatchhealth.com/locations/wa/vashon-maury-island/</a></p>	<p>Call 206-463-9118 or make an appointment at <a href="http://vashonpharmacy.com/clinical-services">vashonpharmacy.com/clinical-services</a></p>
<p>No out-of-pocket charge for transport via ambulance</p>	<p>Accepts most Insurance. Sliding scale options and reduced fees for self-pay are available, respectively.</p>	<p>Free program from King County, through Vashon Fire &amp; Rescue (VIFR) with funding from Vashon Health Care District (VHCD). Labs billed separately.</p>	<p>Accepts most insurance. \$375 self-pay.</p>	<p>Accepts some insurance. Cash payment options available.</p>

